

## AMashed Potatoes(FreshorCompleteGranules)40

Number of Servings: 40 (110.65 g per serving)

| Amount | Measure | Ingredient                     |
|--------|---------|--------------------------------|
| 5 3/4  | qt      | Potatoes, fresh, w/skin, diced |
| 4.00   | cup     | Milk, 1%, w/add vit A & D      |

### Nutrients per serving

| Nutrition Facts  |                                |
|--|--------------------------------|
| Serving Size (111g)  |                                |
| Servings Per Container   |                                |
| Amount Per Serving   |                                |
| Calories 80  | Calories from Fat 5            |
| % Daily Value*   |                                |
| Total Fat 0g   | 0%                             |
| Saturated Fat 0g   | 0%                             |
| Trans Fat 0g   |                                |
| Cholesterol 0mg  | 0%                             |
| Sodium 15mg  | 1%                             |
| Total Carbohydrate 16g   | 5%                             |
| Dietary Fiber 2g   | 8%                             |
| Sugars 2g  |                                |
| Protein 3g   |                                |
| Vitamin A 0%   | • Vitamin C 30%                |
| Calcium 4%   | • Iron 4%                      |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                                |
|  | Calories      2,000      2,500 |
| Total Fat  | Less Than 65g 80g              |
| Saturated Fat  | Less Than 20g 25g              |
| Cholesterol  | Less Than 300mg 300 mg         |
| Sodium   | Less Than 2,400mg 2,400mg      |
| Total Carbohydrate   | 300g 375g                      |
| Dietary Fiber  | 25g 30g                        |
| Calories per gram:   |                                |
| Fat 9 • Carbohydrate 4 • Protein 4   |                                |

### Notes

Scrub and eye potatoes, can leave peeling on. Cut into pieces.

Cook potatoes in small amount of water and drain when tender. Drain. Add milk (or instant dry milk + part of potato water) and mash until fluffy.

Serve at 160 to 180 degrees F.

OR

Use dry Complete potato granules with Vitamin C, following directions add water ONLY.

1/2 c or #8 scoop = 13 to 15 grams carbohydrate = 1 carb serv

1/2 c mashed potatoes = 1 vegetable serving